

3rd Grade American Online School

PHYSICAL EDUCATION CURRICULUM

Movement, Mastery, and Motivation

Version May/2025

1. Introduction

The Role of Physical Education in 3rd Grade

The 3rd Grade Physical Education curriculum nurtures students' physical literacy through daily practice, team games, and personal challenges. Students enhance coordination, stamina, and strength while learning fair play, goal setting, and body awareness. A holistic approach integrates health, safety, and social-emotional learning, fostering respect for self and others through physical activity.

By the end of this course, students will:

- ✓ **Demonstrate improved coordination, agility, and endurance.**
- ✓ **Apply movement strategies across various sports and fitness challenges.**
- ✓ **Work cooperatively in teams and show respect for rules and others.**
- ✓ **Set personal fitness goals and reflect on progress.**
- ✓ **Understand the connection between movement, wellness, and emotion.**

2. Core Competence Areas

PE.1 Skill Development and Movement Control

Learning Outcomes

By the end of this course, students will be able to:

- ✓ Perform basic motor skills with control and accuracy.
- ✓ Apply movement sequences in game and sport settings.
- ✓ Develop body awareness through varied movement contexts.

Competencies

PE.1.A.1 – Enhancing coordination and agility.

- Practice jumping, dodging, lateral shuffling, and reaction drills.
- Use obstacle courses and relay games for movement fluency.

PE.1.A.2 – Practicing locomotor and non-locomotor skills.

- Combine movement forms (e.g., hopping and throwing, balancing and pivoting).
- Reflect on how different movements feel and affect energy.

PE.2 Team Sports: Volleyball and Soccer

Learning Outcomes

By the end of this unit, students will be able to:

- ✓ Demonstrate basic volleyball and soccer skills.
- ✓ Understand the basic rules and strategies of gameplay.
- ✓ Work cooperatively and respectfully in team settings.

Competencies

PE.2.A.1 – Building fundamental skills in volleyball.

- Practice bumping, setting, and underhand serving.
- Participate in mini-games using simplified volleyball rules.

PE.2.A.2 – Practicing soccer fundamentals.

- Dribble, pass, and shoot with control and intent.
 - Engage in small-sided soccer games and “skill zone” stations.
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PE.3 Track & Field: Sprinting and Long Jump

Learning Outcomes

By the end of this unit, students will be able to:

- ✓ **Demonstrate sprinting technique and acceleration.**
- ✓ **Apply biomechanics to jumping and landing safely.**
- ✓ **Reflect on personal performance and effort.**

Competencies

PE.3.A.1 – Improving sprint mechanics.

- Focus on arm drive, stride length, and explosive starts.
- Use sprint drills like high knees, skips, and sprint relays.

PE.3.A.2 – Developing long jump skills.

- Practice takeoff, flight, and landing technique.
 - Measure distance and track improvement over time.
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PE.4 Fitness and Endurance Building

Learning Outcomes

By the end of this unit, students will be able to:

- ✓ **Participate in moderate to vigorous physical activity regularly.**
- ✓ **Monitor perceived exertion and heart rate zones.**
- ✓ **Demonstrate stamina and consistency in fitness routines.**

Competencies

PE.4.A.1 – Building cardiovascular and muscular endurance.

- Use circuits with jumping jacks, resistance bands, and planks.
- Track laps in jogging sessions and reflect on pacing.

PE.4.A.2 – Setting personal fitness goals.

- Create individual endurance challenges and progress trackers.
 - Use weekly fitness logs with teacher check-ins.
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PE.5 Seasonal Activities: Winter Sports

Learning Outcomes

By the end of this unit, students will be able to:

- ✓ Participate in modified winter sport simulations.
- ✓ Demonstrate coordination and adaptability in new movement types.
- ✓ Apply principles of safety and spatial awareness.

Competencies

PE.5.A.1 – Exploring snow and ice sports.

- Simulate skiing, ice skating, and snowshoeing through gym circuits.
- Practice balance and coordination with winter-themed games.

PE.5.A.2 – Navigating new challenges with resilience.

- Use mindfulness strategies when trying new or difficult activities.
 - Reflect on personal attitude and teamwork in winter challenges.
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3. Assessment and Evaluation

Formative Assessments – Observation and Skill Practice

- ✓ Skill checklists (dribbling, jumping, serving).
- ✓ Teacher observation during team activities.
- ✓ Verbal feedback on form, attitude, and cooperation.

Summative Assessments – Performance and Reflection

- ✓ Sprint and long jump records.
- ✓ Endurance goal tracking sheet.
- ✓ Team strategy presentation or diagram.

Authentic Assessment – Personal and Team Growth

- ✓ "My Movement Journey" Poster (highlighting skills and mindset).
- ✓ Group sport demo or tutorial.
- ✓ Peer feedback form after collaboration games.

4. Instructional Strategies for Online Learning

Game-Based and Student-Led Learning

- ✓ Use sport-based stations and student referees.
- ✓ Let students choose fitness challenges and reflect on progress.

Integration with Other Subjects

- ✓ Math: Measure and graph sprint/jump results.
- ✓ Health: Link endurance training to heart health and mood.
- ✓ Language Arts: Write about a "Goal I Crushed This Year".

Inclusive Culture and Motivation

- ✓ Celebrate effort, growth, and teamwork daily.
- ✓ Adapt games and roles to support all ability levels.
- ✓ Use music, challenges, and choice to boost motivation.